

1. Tamar Valley Stage - Tavistock to Stoke Climsland - 12 miles.
2. Caradon Hill Stage - Stoke Climsland to Caradon Hill (Henwood) - 7 miles
3. East Moor Stage - Henwood to Jamaica Inn (Bolventor) - 8 miles
4. Brown Willy Stage - Bolventor to St Breward - 8 miles
5. Camel Valley - St Breward to Dunmere Bridge - 10 miles.
6. Saints Way Stage - Dunmere Bridge to Tregonetha - 8 miles
7. Castle an Dinas Stage - Tregonetha to Mitchell - 12 miles
8. Windfarm Stage - Mitchell ti Chiverton Cross - 12 miles
9. Carn Brea Stage - Chiverton Cross to Beacon - 12 miles
10. Clowance Stage - Beacon to Leedstown - 13 miles
11. Hayle River Stage - Leedstown to St Erth - 7 miles
12. Trencom Stage St Erth to Trencom Hill - 2 miles

TAVISTOCK to STOKE CLIMSLAND – 12 miles

From Tavistock Church, along the main High Street to the beginning of Rocky Hill on the right. Go up the hill past Rubber and Plastics, across Watts Road then on to old Launceston Road to left turn on St Maryhay Road. Go right on the main road, then left at the footpath sign, cross over three stone stiles, then three wooden and two metal gates via Downhouse Farm(1 mile) and Stilesweek. Go onto track then left at road. Follow the road to Three Oaks then right and left down minor road to Blanchdown Wood (2 miles). Road ends and becomes a track, go alongside stream on right until track bears left to the river Tamar. Turn right along river bank to bridge over stream, and follow the permissive path up hill to Capel Tor and onto road. Turn left to Lamerhoe Lodge (4 miles) and find footpath on right. Stile is in top lefthand corner of field, and one more stile and short track to road. Turn right onto road, then find footpath on left leading down to Horsebridge.

From Horsebridge, over packhorse bridge (dated 1437) into Cornwall. Follow track and immediately turn left at gate with green permissive path sign post. Follow this path alongside River Tamar for one mile until you get to end of second stream. Turn right then left, track to Lockett village. Turn right in village, uphill passing Rose Cottage. Turn left at junction along a level road, pass Court House on left. After 100 yards turn right up track for 190 yards to Treoviston Farm, left to corrugated shed, walk 35 yards to wooden stile. Barbed wire! Follow left hedge to metal gate in corner. Head for a wooden fence, slightly right of white building over wooden stile to wooden gate, Higher Trowes Farm. Across road - FP sign over metal gate, follow right-hand hedge uphill (engine house - east - on left). Head for top corner of field, metal gate. Turn right along road past Sunnymead to T junction. Turn left to Stoke Climsland.

STOKE CLIMSLAND to HENWOOD – 7 miles

Opposite Stoke Climsland Church take lane (signed), turns into footpath going downhill to stream. Path now goes uphill to Duchy Home Farm straight on past yellow building in yard, follow track uphill to wooden gate on left. Through gate and follow wall taking care not to wander into quarry! Over a stepping stone stile into field, follow righthand hedge to another stone stile, then a wooden stile and then a half-right to a stile leading onto road. Turn left along road to Burraton Cottages. Cross A388 road (beware traffic!). Straight on along unclassified road which becomes a track with double bend (right and left) to B3257 road. Turn right for half a mile along road, find white track on left. Track has two bends to left, ends at gate into field. Follow lefthand hedge to Treven Farm. Track to right of farm leads to road. Turn right for 75 yards. Find gate in hedge on left; follow hedge on right to gate, follow hedge on left to far hedge then right to gate on to road. Turn right for Linkinhorne.

Past Inn to T junction, bear right signed Plushabridge, Rilla Mill to another T junction, turn right for a few yards to sign on left. Across field to metal gate. Cross field, aiming for big tree, through metal gate, follow lefthand hedge to 5 foot drop, find steps to stream. Through Patrieda Barton Drive. Turn left on drive to short lane on right, wooden gate, diagonally uphill to hedge, follow hedge on left to road. Cross road, follow hedge on left to road. Turn left on road then road right to Rillaton. Turn right for 50 yards then left to Starbridge. Follow road past Lower Lake Farm; road keeps bending left, along road to North Darley. Cross B3254, up track, take wooden stile to Darley Wood. Follow yellow waymarkers to Henwood. Turn left into village. Then right fork past yellow Methodist Chapel.

HENWOOD to JAMAICA INN – 8 miles

From village take road leading to Sharptor. Take righthand fork to village, road bends left then right in village. It then becomes a track - sign to Wardbrook Farm. Keep left here. Wooden gate in farmyard and follow disused railway used as path. (3 metres wide). Keep metal fence on left for nearly a mile. Through gate. At third wooden gate cross small stream, bear half-left to Withybrook. Across stepping stone, through wooden gate and metal gate, up embankment to level track, right for 250 yards to wooden gate. Follow track (may be very wet) and then it becomes a level track (disused railway) through wooded area (Smallcombe Downs) for one mile. At open area on right find a wooden gate, follow track down to Rushyford Gate, through a small field. After ford take a direction half-left. Compass heading NW uphill. When hill levels out, Halvana Plantation (conifer wood) appears ahead. Tracks can be found leading to gate into woods, 208 773. Into woods, follow track, ignore tracks on left and right, to metal gate leading into lane. Follow lane to road (old A30). Webb's Down. This is partly open moorland which is walkable in all directions. There are sheep tracks and vehicle track. Try to find a vehicle track NW bearing. In the woods, some areas are being felled and directions are difficult. Try to keep on a NW compass bearing through woods. Follow track to old A 30 road (Webbs Down). The new A 30 bypass is ahead.

Turn left. Ignore first stile with green FP sign. Go to second stile seen just ahead. Follow yellow pathmarkers across 4 fields over 5 stiles and stepping stones down to new bridge over River Fowey, up track through Dryworks Farm turn right along road to Bolventor. This path is very well waymarked. Bolventor is a small hamlet - but access and parking here is very good.

JAMAICA INN (Bolventor) to St BREWARD (car parking at Jamaica Inn OS 184/767) – 8 miles

There is no direct access to the other side of the new road except by turning right downhill 200 yards and then turn left under A30 new road. Turn right at next road then left towards Bolventor Church. Up hill 350 yards. FP sign on right. Over stile across field to stone stile, follow lefthand hedge to gap downhill. Keep following hedge until it finishes, follow waymarker and stone wall on the left, leads to stile, then joins a track. Across stream (Dairywell Hill Farm). Follow waymarker, right of farm building, follow track leading uphill. Continue uphill along track to Tolborough Tor on the right. Ignoring cross track, keep straight on. After 450 yards track ends. This is now open moorland but path is obvious. Follow stone hedge on left, bear slightly left, continue heading north. Follow hedge with Brown Willy in view straight ahead. Soon the path gets better on the left side of the hedge and is distinct. Keep following path to a metal gate. Follow lefthand fence with Catshole Tor on left. Continue north following hedge where fence crosses path with awkward stile, after stile cross over wall and walk along lefthand side. The path may be boggy. After 1½ miles come to wire fence, which joins to our fence! Here go over wooden stile on left, with notice 'Nature Conservancy Council'. From the stile head west, following a small track to the summit of Brown Willy. From summit head in a southerly direction along the ridge. The path is easy, follow black arrowed waymarkers to Garrow Farm and along track to the west. A track here to the left leads into a small plantation, over stile. Up over stile onto open moor. Follow hedge on right. Keep straight on when the wall ends, waymarked, to King Arthur's Hall direct to another corner of fence, follow with fence on left. After three fields FP goes to left. Right-hand hedge to Lower Candra Farm. Through yard, to gate onto open moor. Head SW towards farm, on left. Find good vehicle track, right to Irish Farm. Go downhill diagonally across fields to gap into boggy area. Go over 2 stiles and a footbridge. Follow right-hand hedge to Palmers Farm, gate to track to road. Cross road, FP sign follows righthand hedge to stile, hedge on left, turn left over stile. Follow FP to track to St Breward Church.

ST BREWARD to DUNMERE BRIDGE – 10 miles

Car parking in village next to church and pub OS 200 - 097/774

St Breward Churchtown. Follow road to left past last Public House, then turn left and right to Ryelands. Road is right in front of houses, goes to Lower Penquite, along footpath over stiles to Higher Penquite. Turn right along road, then left after 50 yards along old lane, short stretch of open moor to road then left to Penvorder Cottages. Along front of cottages, find gate, then across a small playing field, left ornate iron gate, granite stile into fields, follow righthand hedge to wire fence with wooden stile, across this follow fence on left to gate into lane at Lower Lank Farm. Follow lane to road, then south to Penpont (waymarks). At $\frac{3}{4}$ mile is a T junction, turn right then right again to Poley's Bridge. Find entrance to Camel Trail in Car Park on left. The Camel trail is a footpath/cycle track along the route of an old railway line. It is therefore a level and wide track and much frequented by cyclists. An easy to follow route through a wooded area, following the river Camel for most of the way.

Follow Camel Trail. There are attractive pools along the river, including Weir Pool. At the north side of Dunmere Bridge, avoid crossing the busy A389 road by taking the unsigned track to the left opposite the trackside house. This emerges on to the Bodmin spur of the Camel Trail. Turn left to go to Bodmin; turn right to go under the A389 and up the access track to an official Camel trail car park at the rear of the public house. The nicest route to Bodmin for walkers from the north is by the ancient packhorse track which starts anonymously uphill left just before the unsigned track mentioned above; where this track joins the Bodmin spur, turn left. Bodmin has all the usual facilities of a County Town.

DUNMERE BRIDGE to TREGONETHA – 8 miles

Free car parking in official Camel trail car park behind public house (OS 200 - 036/671).

Take the gated exit at bottom of carpark and turn left, emerging after 100 yards on to the Camel Trail, turn left. Continue to Information Board, take left fork (Camel Trail goes right), under bridge, follow river to footbridge across stream to wooden stile, onto track, uphill to road, right to Nanstallon. From school bus shelter on left, to white house (Three Waters) on right. At T junction follow road to right, over bridge down metalled road to crossroads, turn left (Tremore). Follow road 200 yards, take track on right, follow this in a westerly direction for $1\frac{1}{2}$ miles. At road turn right then left downhill to Cork Farm. At gate, continue along track to small footbridge. Turn left along road to T junction, take right fork SP Withal and follow road to T junction of track (to Lawellen Farm). From metal gate, follow left-hand hedge to wooden gate. Follow yellow waymarkers through wood to another gate, and round left-hand hedge to end of field to track. Big shed on right. Turn left, along track to Whitehay Farm to road. Turn left, up long steep hill and right into Withiel. At church take track on right of church (Saints Way waymark). After 50 yards, SW goes right, keep straight on, up stony track which narrows and winds to left. Follow this to gate into field, follow righthand hedge to gap and metal gate, up a metalled lane to Lanjew Farm. Through farm and follow track downhill to fork, keep right and follow track to metal gate into field. Avoid other metal gates on right, follow lefthand hedge and track to metal gate. Keep following track to join road. Turn right, follow road to Prince Park. Over packhorse bridge to Demelza Mill. Continue uphill past Rostigan Farm on left and SP to St Wenn. After $\frac{3}{4}$ mile road levels and bends to right. On right is a stone stile, FP goes diagonally right to buildings on skyline, over stile, follow lefthand hedge to corner, and then follow school buildings, look for granite stile. Turn left, past school to St Wenn Church. Follow road about 130 yards, slightly downhill to large gate on right. On left of gate there is a stile. Follow righthand hedge to another stone stile, then diagonally left, about half-way look for stile. Over stile, across narrow road. Across is another stile. Head to righthand corner of field with junction of barbed wire. Through stile, then head down over sloping field towards stile about $\frac{3}{4}$ along hedge. Through stile, head to gate, head diagonally to gate in righthand corner. Turn right, through gate and follow wooded track to hamlet of Tregonetha.

TREGONETHA to MITCHELL – 12 miles

Car parking at Tregonetha Green (OS 200 - 956/638)

Follow B3274 southwards for ¼ mile to roadside curve signs. Between 6th and 7th signs turn right. Head for conifer trees on skyline southwestwards. At the conifers, the path joins a track (trees to left). Gate leads to track which bears slightly left. Follow track to Castle Farm and beyond to road. Hill on right is Castle -an-Dinas. Across road, along track to Royalton Farm. Open gate and follow track. Keep following track to wooden stile. Keep straight ahead. Follow footpath and stiles in a southwest direction which at a track by Blackacre Riding Stables. Turn left at road which bears southwest to T junction. Right here and follow road, turning left at Mons Tenement into hamlet of Ruthvoes. Keep along road to T junction. Turn right along road for ¼ mile. Farm entrance goes left to Treliver Farm. Turn left and right at farm buildings, follow muddy track to newish stile. Over this and follow righthand hedge to gate then ahead to wooden stile and steps onto road. Straight ahead to road to Black Cross. Across road under new bridge, follow road uphill to A392 on left avoiding lefthand turn to Carworgie. Find track to Tresithney Farm. Turn right along track until it enters field. Head for two oak trees on farm hedge. Go through hedge - head southwest to corner in righthand of field, through gap onto track leading to Barton Lane. Turn left on road downhill for ½ mile. Where road enters trees (E) find footpath on the right (no sign). After a short distance into the woods, the path turns right across the stream. After ½ mile the path re-crosses the stream and then it follows a hedge on the right into a field, go straight ahead with hedge on right until a road is reached by Troan Farm, through a gate. Turn left on road into farmyard, find a metal gate into field then follow righthand hedge. Straight ahead to St Enoder Church. Gate on track by church leads to road turn right - to T junction, turn left and then right. Road now for ¾ mile, cross A3058 and carry on along road for over 1 mile. Signpost to Carvynick ¼ mile. Road comes to T junction at roundabout at A3076 turn left, over A30 into Mitchell.

MITCHELL to CHIVERTON CROSS – 12 miles

Car parking at pub, Plume and Feathers (OS 200 - 860/545).

Footpath starts near Rose Terrace (no sign). Uphill between two hedges, ends at wooden kissing gate into field. Follow path to bungalow, small wooden kissing-gate, across road to Hendra House, down track to Hendra Farm. At end of third field path runs right at metal gate, follow lefthand hedge until end of field. Old gate here. Follow track to stream. Ahead under overhead electric wires following lefthand hedge to double wooden gate. Up track to Trewaters bungalow. Road A3076 turn left then right after 150 yards, SP Ennis. Follow road for 1 mile. At T junction turn left. After 100 yards road turns right to Ventonteague Farm. Keep along road to T junction, turn left. Find footpath sign below a power-cable, turn right, follow left hedge to small lane and gate. Over stile through farmyard to Trefonick Farm. Turn right for 25 yards to metal gate on left, follow overhead electric cable with hedge on left to corner of field, over stepping stones. Follow lefthand hedge until it goes round corner, then take a well-trodden footpath to hedge and stone stile. Turn right down road to Trefice, look for SP on left, over stile, follow lefthand hedge to bottom of third field, turn right and find yellow waymark and footbridge over the river Allen. Continue along muddy track past Tolgroggon to bridge over Zelah bypass. Across old A30, find green lane. When this joins road, turn right then left at crossroads. To Little Callestock, cross stream, uphill to T junction, turn left 5 yards, then right along stony track passing Chiverton Moor Mine. Continue along track then turn left at road. Downhill, then find large wooden gate. Go through gate downhill cross field to corner, across stream and through small gate into field. Ahead due west to Old Callestick Mine. Path through scrubland, following path bears slightly right to wooden gate. Head diagonally right walk round lefthand hedge to beginning of track. Very muddy track ¼ mile to Callestick. Turn right to T junction then left uphill along road to Callestick Veor, turn left, passing through Higher Callestick Farm. Follow track to B3284 road, turn right for 50 yards to A3075 road across this along verge of B3284 then left along minor road to Chiverton Cross via Silverwell.

CHIVERTON CROSS to BEACON – 12 miles

Car parking on verges in vicinity of Chiverton Cross. (OS 204 -746/468)

Lands' End Trail route is to the left of church. Track is parallel to A30 for some distance, to farm and chapel, left over A30 then right down road. Track continues straight on. Track bears left past corrugated building. Then past Carnhot House, over stream to road - straight across to minor road, over railway bridge. Continue along road to red telephone box, turn left for 50 yards then right. Then right along track to old engineering works. Follow track until reaching the main road, old A390. Passing Westfield bungalow, turn left then right along track to Killifreth. Straight on over stone stile into Unity Wood, following righthand hedge. The path joins another path, turn right, follow path until it curves left, then right. At end of wood, path bears right and follows fence to a track, this leads to B3298. Turn right on road for ¼ mile then look for FP sign on left. Follow track, under bridge. The path becomes a road, at T junction turn right (Pink Moors) to Vogue. At next T junction turn right past Star Inn. At fork take lefthand road, signed Gwennap Pit. Uphill until you reach third track then turn right to summit of Carn Marth. Turn left, downhill along track which becomes a road, Carn Marth Lane to A393. Straight across past telephone box and circular reservoir on left. At road junction turn right along track. Follow this track to B3297 road. Straight across to road opposite and find footpath on the left after 100 yards. Keep on this track across field to stile and straight on along track. Find a path on right going downhill, to Carnkie. Fork left at Methodist Chapel, then signposted road/track leading to summit of Carn Brea and to monument. Follow footpaths through rock to west along ridge. Path leads onto track, straight across past house on left, path is narrow between two hedges, then turns left and right around a conservatory onto road. Turn right down road 75 yards find track on left, over stile, across field towards farm, through a gate onto farm track at Carn Arthen. Down track to road, at T junction turn right, down to stream at Brea Adit, go straight across uphill along track, left and right, into Beacon Village.

BEACON to LEEDSTOWN – 13 miles

Car parking near Pendarves Arms. (OS 203 655/394)

Walk down Tolcarne road. Road goes right (Knave-go-by) but carry straight on here to Tolcarne Farm. Follow path down to stream, over stile and uphill along righthand hedge. Halfway along second field find stone stile into field. Path is diagonally left across corner of field to 2 granite posts. A stile leads onto road, across road, down to Treslothan Church. Turn left at well, past house dated 1845. Down righthand hedge to Treslothan Wood, to road at Higher Carwynnen Farm, down road to right. Follow winding road to stream. Turn left along track to Higher Bodrivial. Go back of house, follow path through 4 stone stiles and one wooden at end of green lane. Across 3 fields to where another path joins, then to corner, follow righthand hedge to wooden stile, across track over stile then due south across fields to road at Prospect Farm. Turn left for 25 yards then right, through 2 fields, using gaps to track straight across, keep on same line through 10 fields over 12 stiles past Newton Round Farmhouse on right. Follow left-hand hedge to B3280 road. Straight across down lane, keep hedge on left - keep same line across fields heading for Crowan Church; last few yards are down short narrow path to left of church into car park. Head in NW direction over disused railway bridge into field. Follow righthand hedge, over cattle grid into field, over another granite grid, continue on same line to the B3303 road. Stile here with sign, across road and look for blue sign right-of-way across Clowance Time Share grounds. Follow tarmac drive through wooded area into field at stile, follow righthand hedge, bending slightly left. Open gate and follow track with woods on right. Track bears right and left and follows wood to wooden gate, then head to corner of field, lefthand hedge to open gate (Clowance Wood Farm). Across road past greenhouses on left to gate, turn right and then left after 50 yards along track (SP) (several gates) bridleway. This joins road, keep straight on. At righthand bend bear left and follow track across moorland, to gap passing metal fence onto a minor road, turn right down road, passing a bungalow (Southerly). Straight on to crossroads B3302. Leedstown ¼ mile.

LEEDSTOWN to ST EARTH – 7 miles

Car parking at Leedstown (OS 203 607/341)

Across B3302 along farm lane to Polglase Farm, keep to left of farm buildings through gate (beware of pit). Continue along righthand hedge to stepping stones over wall under a fallen tree. Turn left along track past a white cottage (gate) to road B3280. Turn right for ¼ mile. Find path just after Primary School on left. Follow path, left and right and straight on, then bend sharp left to Carsize Farm. Follow track bending to right into old mine workings. Turn sharp left on track to metal gate. Keep heading southwest over stile in hedge. Turn left and right - follow path to stile leading onto road (follow lefthand hedge if necessary), Conker Road. Cross road and follow metalled track which leads into field, go through farm downhill, slightly right then immediately left to stone stile. Over and straight across field to hedge, look for stepping stones over wall. Follow lefthand hedge to wooden yellow marker post. Go over hump into wooded area and look for old shed on right. Through Kerthen Wood farmyard to track, straight across track, through 2 fields, follow righthand hedge, bearing right look for wooden stile in corner. Follow righthand hedge to another wooden stile in corner, which leads to a track. Follow track to field, northwest into another field and wooden stile. Over and follow lefthand hedge to minor road (Bosworgy Road). Turn left and follow road to T junction (Gurlyn Hill), turn right, across stream (Countess Bridge Lane) along road to farmhouse on left. Turn left along track, through galvanized gate along righthand hedge to stepping stones over a wall. Straight on to Trennack Farm. Over stile through narrow gap between shed and farm building and walk down granite steps (sign). Turn left. Down a slight incline then right down very muddy track to a fork (OS 561/332), here open wooden gate on to narrow footpath to Trennack Mill. Turn left, over bridge (blue marker post) Hayle River. Turn right along river bank to St Erth Church.

ST EARTH to TRENCOM HILL 2 miles

Cross bridge, past toilets to path on left by white house across 2 fields to Tredrea Manor. Turn left and track bends right, joins metalled road. To T junction, turn right. At next T junction, turn right and left into footpath, cross lane to wider track, into field bearing left to railway crossing. Up lane, through Polgrean Farm to A30. Turn left to Whitecross School, then right up lane to Collorian, then straight on to foot of Trencrom Hill.